

類別:英文寫作類

篇名:

A study on the psychological factors of high school students in Taiwan with heavy use of Instagram
(針對台灣高中生重度使用 Instagram 心理層面之研究分析)

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I. Introduction

By Instagram and other high-tech. invention, technology takes a giant leap. Therefore, more and more people continuously use and deeply rely on Instagram, This habit of playing Instagram make them become addicted to Instagram. Based upon this reason, the research team wants to profoundly understand the psychological impact of Instagram on high school students.

The research team use Internet or book and to find Instagram's literature, introduction, trend and history. The research team adopts quantities study method to investigate mental and physical effects of Applied English dept. of Jing Wen high school's students' from Instagram. The research team sent 220 questionnaires to the school students, and the valid collected surveys total 70 copies.

I.1. Motivation

In recent years, today's technology is changing rapidly, there are more and more mobile phone applications launched, but also caused a lot of young people's psychological influence so we use this report opportunity, Learn about the psychological negative effects of internet addiction through the most popular social program Instagram studies and reports today.

I.2. Purpose of Research

Based on our research on internet addiction and Instagram, we explored the popular features of Instagram and the category of Internet addiction. First, understanding the psychological factors of internet addiction caused by adolescents using the Internet. Second, how the psychological factors of internet addiction affect teenagers after the use of Instagram.

I.3. Method

Our study method is distributing 270 questionnaires to teenagers whose age is between 15 to 17 years old in the third grade of applied foreign Language department. Furthermore, we had found several of papers from the Internet and essays from many magazines.

I.4. Research Flow

In fact, I have encountered a lot of difficulties in doing this report. It took a lot of time to decide when we chose the topic. The topic should not only live but also have information about current events. If we choose the wrong topic, it will become a big problem when we look for the data. The reason we choose Instagram is because it is found that most people now use the community program more often than Instagram. The first difficulty is that the novelty of Instagram leads us to go online to query the relevant literature when there are various claims, and even the data found is not necessarily what we need. The second difficulty is that the views of the team members will be inconsistent during the discussion, leading us to spend a lot of time discussing and summing up and finding a way that is acceptable to all. The last big difficulty is because we have to go to the entrance, so we need to prepare for the entrance examination while preparing the report of the data and report integration, so that we often feel that the time is not enough. But the last to see the report complete will be a sense of accomplishment and a good experience.

I.5. Research structure

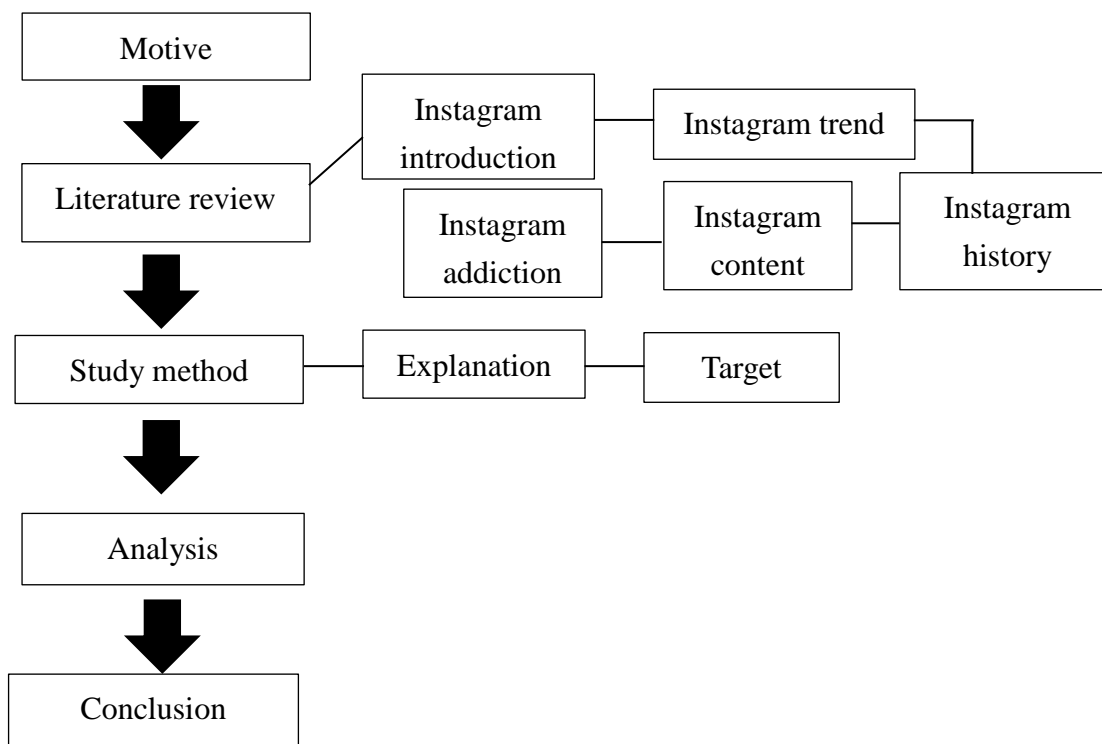


Diagram 1.1 Study structure

II. Thesis

II.1. Literature review

Instagram is an app for your smart phone that you can use to keep up with your friends and family, as well as your favorite celebrities and more! You can capture or upload your own photos and videos, edit them with Instagram’s built-in editor, and share them with your followers. Best of all, it’s free! (What Instagram is and How to Share Photos, 2017)



Diagram 2.1 The Instagram interface



Diagram 2.2 The Instagram interface

Here are four Instagram trends: first, stories will dominate; second, Instagram may become more “clickable”; third, shopping posts will keep flooding your feeds; fourth, shopping on Instagram will become more popular. Get down to business, perhaps your addiction to Instagram provides a multiple and unpredictable layer of rewards in the sense that every time you sign on to read your updates, you get repeated and unexpected good news. Maybe you found out one of your friends just got engaged. The next time you sign in, you learn another friend just had a baby! Each sign on gives you unpredictable results that keep you entertained and coming back for more. Moreover, our study on the psychological factors of high school students in Taiwan with heavy use of Instagram shows that depression, tired, lonely were all related.

Many parents worry that technology will affect their physical and mental development, but if they use the right method, technology can also support these important experiences and become a

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valuable tool to support children's learning and development. (克莉絲堤 • 古德溫, 2018)

Surfing the Internet is similar to alcohol、cigarettes and drugs, it will make people addicted. Also, Internet addiction has become a new civilization of the economic generation. (康健雜誌, 2004)

Everyone always consider Internet addiction as online for a long time and it is a wrong concept. In case you can control your time surfing on the Internet, you won't addict. (遠見雜誌, 2018)

II.2. Discussion and analysis

The study is aimed at psychological factors of high school students in Taiwan with heavy use of Instagram. We sent out 300 questionnaires through a paper survey, and 280 copies were collected. But, only 270 of them were valid; 10 of them were ineffective.

According to the results of the study questionnaire 2-1 we found that 2% of our participants strongly agree with the heavy use of Instagram would feel tired, 52% of them agree, 32% were neutral, 12% disagree, 2% strongly disagree. So, spend less time on using Instagram. And the results of the study questionnaire 2-2, we found that 2% of our participants strongly agree with the heavy use of Instagram would feel stressed, 39% of them agree, 28% were neutral, 25% disagree, 6% strongly disagree. So, you can listen to music or go out with your friends.

Second, according to the results of the study questionnaire 2-3, we found that 3% of our participants strongly agree with the heavy use of Instagram would feel frustrated, 41% of them agree, 27% were neutral, 23% disagree, 6% strongly disagree. Here are ways to turn such a state of mind or day around. First, be here now. Second, appreciate what you do have. Last, focus on what you can do right now. Then the results of the study questionnaire 2-5, we found that 5% of our participants strongly agree with the heavy use of Instagram would feel lonely, 44% of them agree, 22% were neutral, 23% disagree, 6% strongly disagree. So, spend more time doing outdoor activities.

Base on the results of the study questionnaire 2-6, we found that 2% of our participants strongly agree with the heavy use of Instagram would feel depressed, 32% of them agree, 24% were neutral, 30% disagree, 12% strongly disagree. So, see a little more positive thing. What's more, the results of the study questionnaire 2-12, we found that 5% of our participants strongly agree with the heavy use of Instagram would feel worried, 42% of them agree, 26% were neutral, 23% disagree, 6% strongly disagree. You can try to talk to your friends or think about something that makes you happy.

With the progress of the times, the rapid development of science and technology, we found that many people are addicted to use of mobile phones during commuting time or leisure time. What's more, there are 31% of IG Monthly active users in Taiwan. So, we take the entire third grade of English department students in JingWen senior high school mainly for instance, issued 220 questionnaires to investigate, according to the different use of time and situation to conduct research.

Here is a brief explanation of the three symptoms. First, tired, a subjective feeling of tiredness that has a gradual onset. Second, lonely, a complex and usually unpleasant emotional response to isolation or lack of companionship. Last, depression, a common and serious medical illness that negatively affects how you feel, the way you think and how you act. After all these efforts, we found that Instagram have a big negative impact on people who are addicted to the Internet. We found that the highest to the lowest symptom on each chart of heavy users' proportion are tired, lonely, and depressed. More specifically, 34% of our participants are lonely; 41% of them are tired; 28% of them are depressed.

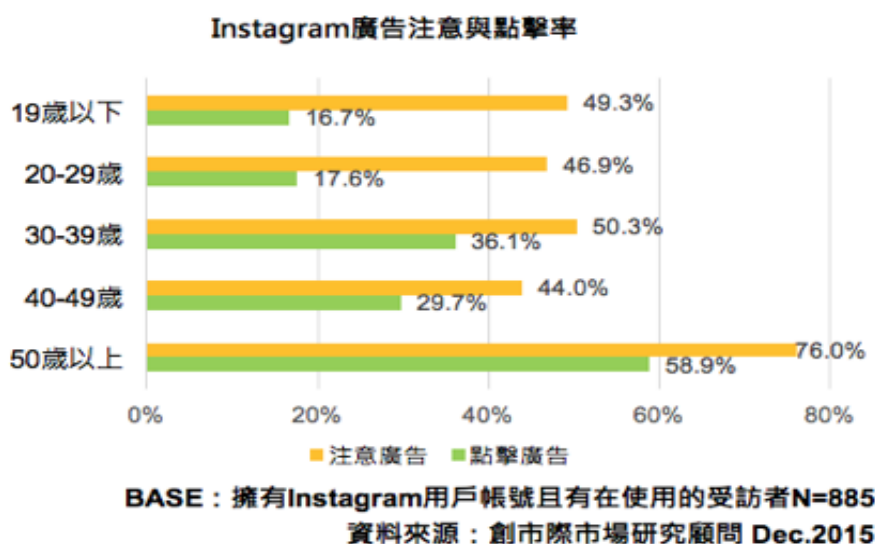


Diagram 2.2 The Instagram AD attention & Click through rate



Diagram 2.3 Average percentage of Instagram users

<p>2-5 If you don't use Instagram for a day, will you feel empty and lonely?</p>	<p>2-2 Are you feeling stressed when you're using it?</p>
<p>2-1 Do you feel tired of using Instagram for a long time?</p>	<p>2-6 Do you feel depressed if you haven't been online for a while?</p>
<p>2-3 Do you feel frustrated that you haven't used Instagram for a long time?</p>	<p>2-12 Are you worried about using Instagram for fear of being seen by your parents?</p>

Table 2.1 Statistics on the proportion of psychological factors caused by the heavy use of Instagram based on the results of the questionnaire

III. Conclusion

For the reason that we can see from the result of questionnaire, Instagram have occupied most of our time. For instance, one may feel tired or stressed when using it. The other may feel lonely when they don't use Instagram or see your friends uploading photos. To put it in a nutshell, as we know from the above, we have found out that heavy use of Instagram has a lot to do with psychological factors and finally achieved our goal.

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附錄一：問卷設計原稿

Hello,

The applied English Science student of a Taipei school in this laboratory, in order to produce a study report "A study on the psychological factors of high school students in Taiwan with heavy use of Instagram" This questionnaire took the form of an anonymous. Please rest assured! Thank you for dialing in to fill out this questionnaire.

1. Basic data

(1) Your gender?

Men/Boy Woman/Girl

(2) Age?

15 years old 16 years old 17 years old 18 years old

(3) Do you have an online social networking account?

Instagrm Facebook Line WeChat Twitter Snapchat

(4) Do you use Instagram every day?

Yes No (You can skip this questionnaire.)

(5) How long do you use Instagram for a day?

Less than 1 hour 2-3 hours 3-4 hours More than 5 hours

2. Instagram has a psychological impact on people.

(1) Do you feel tired of using Instagram for a long time?

Strongly agree Agree Neutral Disagree Strongly disagree

(2) Are you feeling stressed when you're using it?

Strongly agree Agree Neutral Disagree Strongly disagree

(3) Do you feel frustrated that you haven't used Instagram for a long time?

Strongly agree Agree Neutral Disagree Strongly disagree

(4) Does Instagram occupy most of your time?

Strongly agree Agree Neutral Disagree Strongly disagree

(5) If you don't use Instagram for a day, will you feel empty and lonely?

Strongly agree Agree Neutral Disagree Strongly disagree

(6) Do you feel depressed if you haven't been online for a while?

Strongly agree Agree Neutral Disagree Strongly disagree

(7) I lost a lot of sleep because using Instagram.

Strongly agree Agree Neutral Disagree Strongly disagree

(8) Would you be nervous about receiving bad speech because of your post?

Strongly agree Agree Neutral Disagree Strongly disagree

(9) I will feel lonely because I saw my friends uploading photos.

Strongly agree Agree Neutral Disagree Strongly disagree

(10) Do you feel lost by the number of likes not expected?

Strongly agree Agree Neutral Disagree Strongly disagree

(11) Will you feel dissatisfied if you see a friend cancel tracking your Instagram?

Strongly agree Agree Neutral Disagree Strongly disagree

(12) Are you worried about using Instagram for fear of being seen by your parents?

Strongly agree Agree Neutral Disagree Strongly disagree